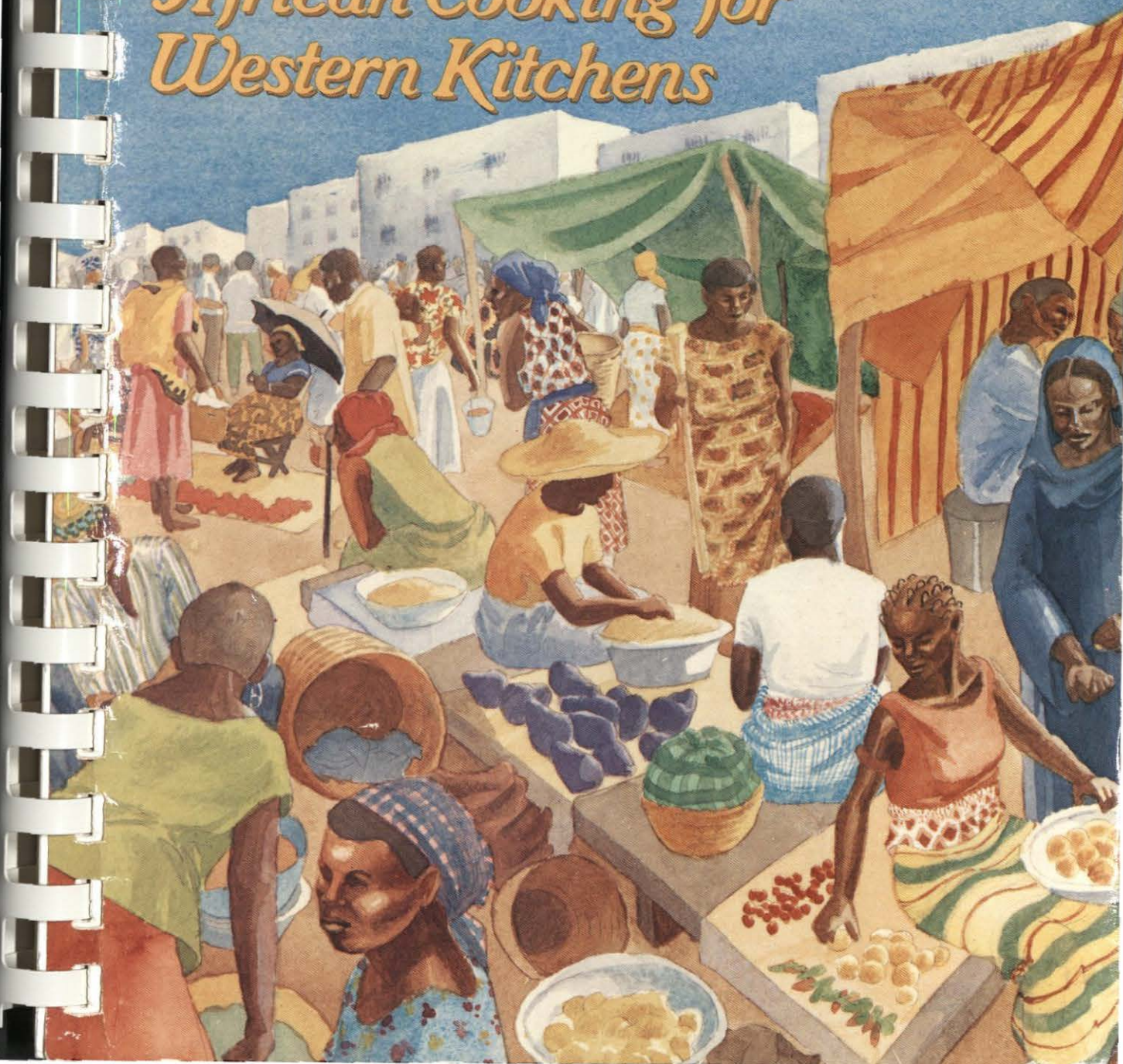


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# Africa News Cookbook

*African Cooking for  
Western Kitchens*





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# The Africa News Cookbook *African Cooking for Western Kitchens*

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## Contents

Africa's cuisine is as little known as its politics, its economies or its art. Yet where there are limited ingredients, African cooks have developed imaginative variations for otherwise monotonous diets. And where there is abundance, they have created culinary masterpieces.

This book is dedicated to a wider appreciation for the food of Africa and to the hope that freedom from hunger—that most basic of human rights—will one day belong to all the people of that vast and lovely continent.



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